

Jan - Feb - Mar 2020	AQUATIC PARK FITNESS PROGRAMS			
<p>Aquatic Park Center 890 Beach St. S.F. CA 94109 Direct: 415.775.1866 www.sfsenior.org Mon-Fri 9:00am-3:45pm</p> <p>Aquatic Park Staff</p> <p>Sue Horst SFSC Director Direct: 415.775.2562 shorst@SequoiaLiving.org</p> <p>Frank Mitchell Program Coordinator Direct: 415.923.4485 fmitchell@SequoiaLiving.org</p> <p>Jill Spezzano Social Worker Direct: 415.923.4481 jspezzano@SequoiaLiving.org</p> <p>Sue Mittelman Fitness & Health Coordinator Direct: 415.923.4482 smittelman@SequoiaLiving.org</p> <p>Jan Freeman Assistant to Program Coordinator Direct: 415.775.1869 jfreeman@SequoiaLiving.org</p>	CLASS/PROGRAM	TIME	INSTRUCTOR	LOCATION
	MONDAY			
	Walking Group	9:00 - 10:00	Laurene Bolet	West Bleachers
	Qi Gong (Wild Goose)	9:30 - 10:30	Jill Spezzano	Fitness Center
	Line Dancing (Fee)	10:00 - 11:30	Gloria Doon	Blue Room
	Always Active*** (#)	11:00 - 12:00	Sue Mittelman	Fitness Center
	Chair Yoga (Fee)	12:00 - 1:00	Sam Halsey	West Wing
	Qi Gong (Wild Goose)	12:00 - 1:00	Jill Spezzano	Fitness Center
	Fall Prevention **	1:30 - 2:30	Linda Dackman	Fitness Center
	Ping Pong	2:45 - 3:45	Enjoy!	Fitness Center
	TUESDAY			
	Always Active*** (#)	10:30 - 11:30	Sue Mittelman	Fitness Center
	Fitness Challenge	10:30 - 12:00	Jim Spinelli	West Wing
	Easy Chair Exercise and Movement	11:00 - 11:30	Janis Zhao	Blue Room
	Cornyball	12:15 - 1:15	Jim Spinelli	West Wing
	Zumba Gold (Fee)	12:15 - 1:15	Claudia Rodas	Fitness Center
	Ping Pong	1:45 - 3:45	Enjoy!	Fitness Center
	WEDNESDAY			
	Walking Group	9:00 - 10:00	Laurene Bolet	West Bleachers
	Garden Walk/Bird Watching	9:30 - 10:30	Jill Spezzano	Blue Room
	Tai Chi (Intermediate) *	9:30 - 10:30	Mark Siobal	Fitness Center
	Tai Chi (Beginning)*	10:30 - 11:30	Mark Siobal	Fitness Center
	Chair Yoga (Fee)	10:30 - 11:30	Sally Goodwin	West Wing
	Mat Yoga (Fee)	11:45 - 12:45	Sally Goodwin	West Wing
	Always Active*** (#)	12:15 - 1:15	Akiyo Kinst-Hori	Fitness Center
	Fall Prevention **	1:30 - 2:30	Linda Dackman	Fitness Center
	Ping Pong	2:45 - 3:45	Enjoy!	Fitness Center
	THURSDAY			
Tai Chi Chih	9:30 - 10:30	Pat Bourne	Room 13	
Fitness Challenge	10:30 - 12:00	Jim Spinelli	West Wing	
Always Active*** (#)	10:30 - 11:30	Sue Mittelman	Fitness Center	
Zumba Toning (Fee)	12:10 - 1:00	Claudia Rodas	Fitness Center	
Ping Pong	1:30 - 3:45	Enjoy!	Fitness Center	
Afternoon Qi Gong	2:30 - 3:30	Jill Spezzano	West Wing	
FRIDAY				
Always Active*** (#)	10:30 - 11:30	Sue Mittelman	Fitness Center	
Chair Yoga	10:30 - 11:15	Sam Halsey	West Wing	
Mat Yoga (Fee)	11:30 - 12:30	Sally Goodwin	West Wing	
Mind, Body, Health*	1:00 - 2:50	Judy Hubbell	Room 11	
Hula (Fee) (every other week)	1:15 - 2:15	Akiyo Kinst-Hori	West Wing	
Ping Pong	2:30 - 3:45	Enjoy!	Fitness Center	
<p>*Higher Learning Class for Older Adults</p> <p>**Contact Dr. Chris Thompson for enrollment at 415.422.6105</p> <p>***Always Active program provided in partnership with USF & 30th Street Senior Center</p> <p>(#) Medical release required (see Sue Mittelman)</p>				
<p>Note: Exercise equipment is for SFSC members only</p>				